

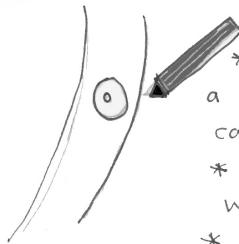
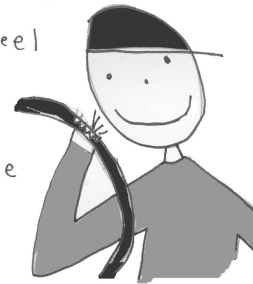
# how to fix a puncture



\* first of all take the tyre off the wheel using 3 plastic tyre levers.

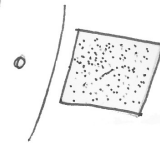
\* Then take out the inner tube.

\* using a pump blow some air into the inner tube and then either dunk the tube into water to see where the air bubbles escape from or run the tube along your cheek to feel the air.

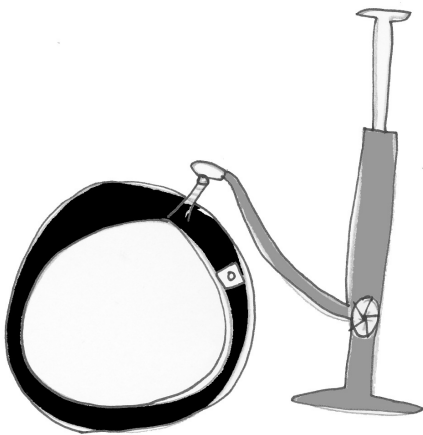


\* Once you have found the hole draw a circle around it with a biro so you can easily find the hole again.

\* then Sandpaper over the whole area where the hole is and around it



\* then use the liquid rubber. Smear some all around the hole and around it and wait a couple of minutes for it to go tacky



\* Now put a patch over the hole press it down nice and hard. Then bend it in half so the plastic cover breaks in the middle and peel it off.

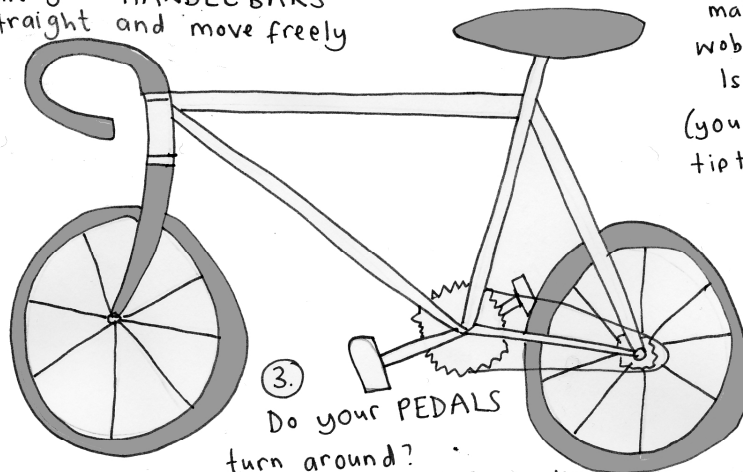
\* now put some air in the tube and check it's fixed properly before you put it back on your wheel...

# M-check

Before you ride your bike it is essential that you make sure it is working correctly... Check it in an "M" shape as follows:

- ④ make sure your **HANDLEBARS** are straight and move freely

- ② Check your **SADDLE**  
make sure it doesn't wobble.  
Is it the right height?  
(you should be on tiptoes when seated)



- ③ Do your **PEDALS** turn around?  
make sure your cranks are fixed tightly

- ⑤ Check both **BRAKES** are working and cables aren't frayed or rusty.

- ① Check your **WHEELS**  
Spokes tight?  
tyres hard?  
wheel nuts tight?  
Chain oiled?

If the mcheck shows your bike needs fixing then don't ride it until you've fixed it or take it to a bike shop and let them fix it for you.

Always M check before you ride!